



From the desk of President & CEO Orion Bell

Sister Andre

Earlier this month, Lucile Randon passed away in her sleep at her home in Toulon, France. Her passing made world news, because she was 118 years, 340 days old. Born in France in 1904, Randon entered the order of the Daughters of Charity in 1944. She chose the name Sister Andre, in honor of her older brother. She spent the next sixty-five years caring for orphans and older adults in hospitals and care homes. She retired at age 100, but remained active, even as her eyesight failed. She gave interviews as recently as 2022. When asked about her secret to her longevity, Sister Andrea credited a daily glass of wine and piece of chocolate. Read the full article at benrose.org/ceo-blog.

Benjamin Rose Institute on Aging Announces New Board Leadership



The Benjamin Rose Institute on Aging Board of Directors, at its December 13, 2022 meeting, elected Sarah Dimling as Board Chair and Belva Denmark Tibbs as Vice Chair, effective January 1, 2023 for a two-year term.

Both women bring a wealth of experience to their respective roles and share a passion for community involvement and philanthropy.

Dimling spent nearly 30 years as Vice President and financial advisor with AB Bernstein Private Wealth Management in Cleveland. She currently serves on the Lake View Cemetery Foundation Board and is a Civic Improvement Committee zone representative for Garden Club of America. She previously served as Board Treasurer for Benjamin Rose Institute on Aging, Chair of the Cleveland Museum of Art Planned Giving Advisory Committee and United Way of Greater Cleveland Investment Committee member. Dimling succeeded former Board Chair Nancy Adams.



Denmark Tibbs retired from HealthSpan (formerly Kaiser Permanente) after more than 25 years. She worked primarily as a senior executive responsible for operations. She is a former board chair of the Saint Luke's Foundation, a member of Ideastream Public Media board, and has received numerous awards for her community service and youth mentoring efforts. [Read more.](#)

Join Master Chef Mario Reyes While He Prepares an Elegant Dinner Menu on February 10

Winterlicious is back again to spice up a dreary winter night! From the comfort of your home, Master Chef Mario Reyes of TRIO Community Meals leads you through a virtual three course cooking event with wine pairings and professional cooking tips.



New this year, Chef Mario is hosting an exclusive Cooking Class and Tasting at the Benjamin Rose Institute on Aging Headquarters for a limited number of 35 guests on Thursday, February 9 from 5:30 – 7:30 p.m. This in-person event allows you to observe Chef Mario as he cooks four different courses for you. Participants receive recipes for all dishes served, tasting portions, wine pairings and the opportunity to engage with and ask Chef Mario cooking questions. Sponsors and attendees of the Cooking Class and Tasting will also receive a registration for Friday's virtual event. [More information and tickets.](#)

Have You Joined Us for a Second Wednesday Yet?

Join us virtually the second Wednesday of every month from 9 – 10 a.m. to learn more about Benjamin Rose and our subsidiaries from President & CEO Orion Bell. Each month we will provide an overview of the programs and services we offer. Second Wednesdays are a great opportunity to network, learn about Benjamin Rose, and discover how you can get involved in our work. [Join us on February 8.](#)



Free Income Tax Preparation

Let ESOP and Benjamin Rose prepare your taxes for free for filers who meet program deadlines.

- Get your refund - usually in two weeks - at no cost to you!
- IRS-certified preparers perform this valuable service. Se habla español.
- Drive up and drop off service; stay in your car while you wait

To schedule your appointment, visit www.refundohio.org or call 211 to use the automated system.



Upcoming Programs

New Construction: Know Before You Build

[Learn the basics of the home building process.](#) February 7—9, 6 - 8 p.m.

Financial Education Workshops

[ESOP's five session workshops are offered every other week.](#) February 13—17, 10 - 11:30 a.m.

Post-Purchase Education: Know After You Buy

[Provides new homeowners with the information they need to maintain and protect their home.](#)

February 15 - 16, 6 - 8 p.m.

Behavioral Interventions: When Caring for Someone with Dementia

[Discover the most current research about dementia care, effective practical strategies, and useful resources in identifying causes of common behavioral symptoms and effective interventions.](#) February 2, 11:30 a.m. - 1 p.m.

Homebuyer Education

[Our free HUD-approved class teaches you the basics of the homebuying process.](#) February 27 - March 2, 6 - 8 p.m.



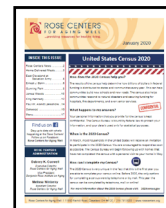
Resources for Caregiving

Visit our Resource Library to find tips and useful information for caregivers.

Each month, we add new content to help caregivers manage a loved one's care, navigate challenges and take care of themselves. Recent articles explore topics such as the [benefits of reminiscence and storytelling in improving caregiving](#), [why assessment is more effective when it's conducted over time](#), [ways older adults can stay healthy in the new year](#) and [how to handle advance directives when a loved one has dementia](#).

Rose Centers Newsletter

Get the latest news and program schedules from the Rose Centers for Aging Well. Sign up today at ourseniorcenter.com.



Staff Notes

Julie Hayes, content manager, authored an article for Active Daily Living titled [Understanding Types of Social Security](#).